

Policy Number: 6.3
Core Nutrition Education Contacts
Revised/Effective October 1, 2012

Title: Core Nutrition Education Contacts

Purpose

To ensure that all WIC participants are offered appropriate and up-to-date nutrition education.

Authority

7 CFR 246.11, USDA memo 2004-WIC-13

Policy

WIC participants will be offered appropriate and up-to-date nutrition education according to standards and staff qualifications.

I. Core nutrition education contacts will:

- A. Occur at certification.
- B. Be face-to-face and encourage interaction with the participant.
- C. Be provided by qualified professional staff.
- D. Incorporate the use of OARS (open ended questions, affirmation, reflective listening and summary) interviewing techniques.
- E. Include completion of category-appropriate VENA questions to aid in establishing a goal with the participant.
- F. Include a required discussion about:
 - 1. Purpose of WIC Program
 - 2. Benefits of WIC
 - 3. Nutrition Risk Codes
 - 4. Avoiding Alcohol, Tobacco, Drugs
 - 5. Rights and Responsibilities
 - 6. For all pregnant and breastfeeding participants: Breastfeeding Infant Successfully
- G. Include accurate and up-to-date information based on the participant's category, dietary history, health history and stated interests and concerns.
- H. Meet the language and cultural preferences of the participants.
- I. Be offered at no cost to the participant.
- J. Include a nutrition care plan.
- K. Include a concluding, informal evaluation to determine the understanding of the information discussed with the participant during the visit.
- L. Be documented in the participant's folder in a consistent and organized manner.

II. Number of nutrition education contacts during a certification period:

- A. Participants will be offered a minimum of four nutrition education contacts per 12-month certification period, approximately each quarter.
- B. The nutrition education contact at certification counts as one of the required visits.
- C. Nutrition education contacts by the Registered Dietitian count as a nutrition education contact visit.

III. Refusal of Nutrition Education

- A. Participants may decline nutrition education and will not be denied food benefits for refusal to attend or participate.
- B. Alternative nutrition education activities will be encouraged.
- C. Refusal of nutrition education must be documented in the participant's folder.
- D. Determine how many months of benefits to issue so that numerous opportunities for nutrition education contacts still exist.